

# lambda

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## Tenured Profs Threatened

LONDON (CUP) -- The well-guarded job security of tenured professors has been proven not as secure as it once seemed as a result of the University of Western Ontario decision to dismiss Dr. Larry Chamberlain.

Chamberlain, a tenured professor in the Psychology Department at Western was charged with unsatisfactory performance within the university.

The three-man committee, set up to evaluate his performance, heard six and a half days of testimony before reaching its decision that he be dismissed.

The hearing, which was the first of its kind in Canada, sparked considerable interest across the country.

"I see it as a test case, demonstrating that when people violate the trust of tenure that constitutes cause for the removal of tenure," said university president, D.C. Williams. "Like happiness, tenure has to be earned."

During a press conference Williams said he thought many professors would sharpen up as a result of the university's dismissal of Chamberlain.

"Tenure now will not be considered as sacred as it once was," he said.

Chamberlain refused to resign on at least two occasions and forced the university into beginning the formal procedures.

The first three days of the hearing were based on evidence supporting the university's charges of unsatisfactory performance presented by university counsel

C.C. Riggs.

The following days the committee heard evidence supporting Chamberlain's case, presented by lawyer Tom Dean.

Based on its decision on briefs, and testimonies during the hearing, the committee found Chamberlain's performance in teaching and research and contributions to the university to be unsatisfactory.

However, the committee said that deficiency in any one of the three areas used to evaluate professors did not constitute cause for dismissal.

The committee report said that if Chamberlain's unsatisfactory research performance had been compensated for by superiority in other areas there would have been no cause for dismissal. But the committee found that Chamberlain's teaching ability did not compensate for his lack of publications.

The report said Chamberlain's performance as a teacher was not unsatisfactory but was rarely adequate.

The committee based its findings on three student petitions complaining about Chamberlain's performance and on evidence by the Chairman of the department, Dr. McClelland. Student evaluations, according to the report, were not a reliable measure of demonstrating unsatisfactory performance.

"Chamberlain has come to have an attitude, and his conduct has come to exemplify an attitude of minimal involvement in serving

the function of the university," the report said.

Chamberlain, when asked to comment on the university's decision, said, "I don't like it much at all."

He said he didn't know what he would be doing now that the dismissal was final. "The university has made it clear I won't be teaching anywhere," he said.

The report will be forwarded to the Board of Governors for information according to Williams, but the decision of the committee

will stand.

If Chamberlain wants to appeal the university's decision, he will have to sue the university through the civil courts.

In the area of graduate teaching, the committee also found Chamberlain's work to be average. The report said his contribution to grad students was not outstanding as claimed, but rather merely average since he was chief advisor to only two students, both of whom failed to graduate.

The committee, forced to examine the question of teaching versus publication was unwilling to make any decision regarding this general question.

They felt those judgements should be made by peers in the department, since some of the departments place more weight on research than others.

Since the department judged Chamberlain's performance to be unsatisfactory, that constituted grounds for dismissal, said the report.



Eileen Boyle

## Refused pot

HAWAII (CUP/ZNS)----Police have denied marijuana for medicinal purposes to a 55 year old Hawaiian woman who is dying of lung cancer, even though her doctor says it is the only effective substance to alleviate her suffering.

Minnie Pagan said her physical condition has deteriorated rapidly since police raided her home last July. During the raid, officers seized all of the pot plants her 59 year old husband had been growing for her treatment.

She says she has lost weight and her appetite has suffered as a result. The Pagan's attorney, Robert Jinks, says that the dying woman "definitely needs the marijuana to treat her condition."

Her physician, Doctor Charles Hesterly, states that he knows of no other drug he can prescribe that is as effective in alleviating her suf-

fering as marijuana has been.

Minnie Pagan says that she uses the leaves from marijuana plants to make a tea which lessened the pain of the cancer spreading through her body and helped her to maintain an appetite. She says that the other prescribed drugs caused her to become nauseous, and lose the will to eat.

Her husband, Frank was arrested on felony charges, but they were later dropped because of public reaction. However, the police warned that if additional marijuana is found in the Pagan home, Frank Pagan will be arrested and jailed.

Minnie Pagan states that she had never tried marijuana until she learned she had terminal cancer and heard that the plant might alleviate the pain.

Her doctor has told her that she has less than five months to live.

## Subliminals

NEW YORK (CUP/ZNS) ----The United Nations has released a report warning that "subliminal messages" from satellites might be the next form of international "brainwashing".

Subliminal messages are pictures and sounds flashed so quickly that they are not noticed consciously; however, they are picked up subconsciously, and can reportedly

influence behaviour.

The U.N. is worried that one nation might secretly influence the population of another by subliminally broadcasting such messages as "long live Chairman Mao" or "Support NATO" during regular broadcasts beamed from orbit.

A U.N. task force has recommended that subliminal messages from satellites be outlawed.

Above the picture of a quiet scene but all is not as calm as the picture portrays. First the fridens went on the friz. So we had to type it up on our new IBM selectric. All kinds of copy was left out. Next one of our editors resigned

## Dangerous bread

LONDON (CUP-ENS)----A prominent scientist with the Medical Research Council in London has published a study suggesting that white bread may be one of the leading

causes of non-infective disease in the world.

Dr. Denis Burkitt, writing in the Journal of the American Medical Association, says that the western

habit of eating lots of refined carbohydrates, particularly white bread, is a major cause of heart disease, intestinal malfunctions, and cancer of the colon.

Dr. Burkitt compared diseases characteristic of the affluent western nations with diseases common in under-developed African nations and found that the differences are mostly explained by diets.

He found that heart disease and cancer of the colon, while leading causes of death in the west, are almost non-existent in the African nations.

The reason, he says, is that the under-developed world eats more cereal fiber than the affluent world. The fiber, he contends, has little nutritional value, but it is extremely important to the bacteriological and chemical processes in the intestines.

The solution for the western world, says Dr. Burkitt, is to switch from white bread to the real thing -- whole wheat.

## Enrolment up

A recent release of enrolment figures, from the Ministry of Colleges and Universities indicates that post-secondary education is not doomed as forecasted when those "baby boomers" graduated. Enrolments are up in all post-secondary institutions.

For the province's 22 community colleges the increase is 6.3% over the 1973-74 term. As yet the count for part-time students are not available. In the universities, an increase of 4.9% is expected, over last year's figures. Though the statistics are not complete, they do not indicate that there is a growing demand for post-secondary education. Brock, Trent,

Lakehead and Laurentian the four smaller universities, have shown a gain in enrolment.

The Preliminary estimates for 74-75 indicate an overall increase for Ontario universities and colleges.

At present there are 139,211 full-time students attending universities and 51,794 registered in community colleges. The expected increase for universities next year is 5,851, with community colleges upping their figures by 3,244.

Either we're into another "Baby Boom" or there is a very real demand for further education pass the high school level. The next four years will tell which is which.

# A Room of one's own

John Haase

Are we member of the SGA? We have all been victims or proponents of a dominant force here at Laurentian, that of indifference. Students are infamous for their general lack of empathy and involvement, then why this writer's sudden concern?

Each of us, wants to obtain, and is entitled to, the best possible education, yet no one is willing to insure that our learning is complete. The only recognized student group empowered to institute any necessary changes, just doesn't feel the need to.

"Our" SGA, I maintain is essentially elitish. Elites, that's an odd term for a group of people we support monetarily and electorally. By virtue of the nature of the system then, we are all members of the ASG - or are we?

Who are the people in the SGA hierarchy? Students? Well yes ... and no; they can be considered paraprofessional administration. Those are not the sort of people who deal with our educational needs on a daily basis.

What then of the representative committees composed of students? Realistically, they just don't exist, student interest isn't there or appreciated. With all of the redtape and pitfalls one encounters in that organization, it's hard to say the disinterest is not unwarranted.

The system is inherently bad. It's not designed to promote change. But to paci-

fy the student populace. The whole structure is good to provide benefits to a select few, not to a student General Assembly. Benefits we derive from SGA are virtually negligible compared to the input of funds, we all contribute. The amount of money SGA has to work with from our student fees is enormous, yet no real advantages are felt.

I have inquired repeatedly to the SGA to examine the budget to see exactly where our money goes, still I get the run around. An instance like that proves how unrepresentative SGA is. Their capital is our capital and we have the right to see how it is spent.

Other student organizations on other campuses have provi-

ded their constituents with adequate food services, recreational facilities, a viable and realistic voice for their concerns and overall student oriented provisions, situations quite welcome here. These sort of activities cannot spring from a confined position, one that SGA finds itself in.

A union of students rather than an assembly for students would be more sympathetic to our needs. The modifications needed just cannot surface in a restricted framework of the kind that now finds the SGA. A new and responsive student organization must be created for whatever form of student caucus governs us, we, in the end pay for it.

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## CHRISTIAN Fellowship

For two weeks in December, the Laurentian Christian Fellowship will be looking at the topic of new life styles. On December 3rd in Room G18 from 6-7 pm, Jim Cantelon, well-known for his radio programme Challenge, will be discussing the topic - "Is there no Good News?"

With all our attention being focused today on pollution, food shortages, inflation, and energy, it seems that there is nothing but despair and bad news for our western cultural life style. Is there no hope no way out of this problem we've found ourselves in? Jesus said, "I am the way, the truth and the life ... I have come that you might have life and have it abundantly. Was he kidding or is there Good News found in Jesus' teachings

Following through on this topic - Harry Klassen, the Ont Director of Inter-Varsity

Christian Fellowship will be on campus Nov. 1- at G18 (6-7). That evening he will be talking about "New Politics". Our political system seems to be falling apart - anyone hear of Watergate? Again, the teaching of Jesus about the kingdom that he was establishing gives some characteristics that we'll be looking into; the first will be last, the weak will be strong, the fools are the wise and the poor and lowly not the rich and the proud, possess the Kingdom of Heaven.

## Thorneloe

On top of the news this week is Thorneloe's hockey victory over Commerce. The Nads came from behind a 4 goal lead by the accountants and defeated them 5-4. The games bright blazing star was Mouser. Let's hear it for him.

This is the final notice for Convocation. It will take place on Friday, Nov. 29th, at the Church of the Epiphany at 7:30. All Thorneloe students

are urged to attend.

Another important (here, here) event is coming up. On Thursday, Nov. 28th, at 8 pm, Thorneloe's new social centre will be officially opened. All Thorneloe students and alumni are invited to attend.

Please note that Thorneloe's offices have been moved, from the portable to the main building. So if you want to talk to Mrs. Bull or get your mail, you can do so without having to go outside.

As for gossip and such, here it is: The great "No more Cigarettes" movement lasted about 1 1/2 days. Congratulations people. What can I say about such will power, such determination.

The equally great "Room War" was revived again this week. If anyone knows where that lawnmower belongs, please bring it back before someone runs amok with it and mows our brand new carpeting.

Anyone bringing shaving cream into the residence will be required to attain a permit for it. You never know what damage such a dangerous weapon can do, especially in the hands of frustrated Social workers and biologists.

This week's column is dedicated to Valencia, for her birthday, to Andree for her visit, and to McLarty for his help.

## LU Players

### Request Room

Student activities need good locations to carry on their work. Laurentian's University Players is no exception. In a letter to J.T. Hennessy, Director of Services, Ron Tough, President of University Players has requested more spacious quarters for the drama group.

While the total number of participants in University Players varies annually, this institution has stood the test of time and has produced some excellent productions. Tough feels that University Players has once again been left out in the space allocations of the University. The Fraser Auditorium, for instance is available on a temporary basis. Planning for rehearsals is thus made much more difficult. To alleviate this problem, University Players are asking to use Student Street Room G-3 as a workshop rehearsal room and office.

Tough feels: "The knowledge that we (would) have access to rehearsal space whenever we need it will allow us to plan our seasons well in advance." Tough concludes: "the new location will help strengthen our viability in the university community."



### Something to "cheers" about:

Now the glorious beer of Copenhagen is brewed right here in Canada. It comes to you fresh from the brewery. So it tastes even better than ever.

And Carlsberg is sold at regular prices.

So let's hear it, Carlsberg lovers. "One, two, three ... Cheers!"



# The additives in our food: trading nutrition for convenience & profit

Consider the food that many people eat every day: toast and cereal for breakfast, coffee and a donut during morning break; for lunch, vending machine sandwiches made of cheese slices; for supper a package of frozen fish and chips and canned peas, with ice cream and cake for dessert. Along with this goes the usual assortment of snacks, a can of coke and potato chips and delivery pizza while watching TV.

Food has changed a lot over the past few years. It is no longer just a matter of preparing meat, potatoes and a vegetable. The consumer is now offered an overwhelming array of pre-packaged and highly processed foods. The food corporations continually extol the virtue of their wonderful, new improved products. According to their public relations people these products save us countless hours of slaving over a hot stove; they are supposed to be safer, more convenient, more nutritious and better tasting than ever before. Yet it doesn't taste fit. It is true that bread stays fresh forever but when was the last time that you really enjoyed a slice of bread? It is true that oranges are a nice orange colour but what happened to the orange and taste?

There is a great deal about food that we do not understand. The primary purpose of eating is to supply the nutrients necessary to sustain life, yet a study done for the department of Health and Welfare, Nutrition Canada, has shown that many people do not gain all that they should from their food. They discovered that 44 percent of Canadians have an iron deficiency, over 60 percent receive an inadequate amount of vitamin D, while 26 percent get an insufficient amount of calcium.

We are led to believe that we are one of the best fed nations yet many people are unable to eat properly. It is not simply a lack of money, (although of course it is easier to feed a family on \$15,000 a year than on \$6,000) for these deficiencies are evident in all income groups. Nor is it simply a question of education although that is a necessary first step. The problem with food in Canada is quite fundamental and we must begin to examine the reasons why we have become a nation which is overfed yet under-nourished.

As Canada became more industrialized the entire nature of the food industry was changed. Agriculture came to be regarded as just another field for economic activity and if a businessman were to invest a sum of money in any level of agricultural production, then he would expect what he considered to be a reasonable return of his dollar. As a result food became just another potential money maker. It made little difference to the businessman, or corporation, whether their money was invested in the auto industry or the food industry; the main criteria was profitability. The fact that it was profitable can be seen by the size and well-being of such corporations, as General Foods, Zehrs, Kraft and Canada Packers.

The food industry has found it difficult to meet the twin goals of nutritional quality and profit. With only their conscience to guide them it is not difficult to figure which one they would choose. This has had obvious ramifications on our eating habits. The more processing which goes into a food the greater the opportunities for taking a profit. If a processor takes some peas, cooks them slightly and cans them, a small profit can be made. If those same peas are added to some french fries and a few chunks of meat then a much larger profit can be made by selling a "complete dinner".

The consumer ends up paying for the convenience of this way of eating in two ways. First, the cost per person is often double that of a cook-it-yourself meal.

Secondly, the increased processing has destroyed more of the nutrients in the food. The value of your food dollar must be measured in terms of the nutrition that you get for it. Extremes of heat and cold, crushing, slicing, exposure to heat and cold all take a toll on the nutrients in the food. However, there is no incentive for the processor to develop manufacturing methods which would reduce the nutritional loss. His prime concern is increased efficiency through the reduction of cost.

Bread is one example of a food which has undergone a major transformation at the hands of the modern corporation. The next time you eat a sandwich, pause and really taste the bread; that is if the bread has any taste! Unless you are one of those people fortunate enough to have the time to make your own bread, or else live near a small bakery where they still care about their product, the bread probably tastes little better than cardboard. Bread is one of our staple foods yet not only is more manufactured bread nutritionally deficient, but it also contains a long list of chemical additives which make it pure white, which keep it "fresh", and which serve any of a number of other chemical usages the modern bakery deems necessary.

Historically bread ceased being a staple food and became a convenient way of eating peanut butter or other filling when a new milling process was introduced in 1870. The steel grinding process enabled the millers to completely separate the endosperm layer of the wheat kernel from the bran and the wheat germ. The endosperm, when crushed, produces a fine white flour. Unfortunately, this flour contains little else but starch. Along with the bran and the wheat germ, almost all the nutrients are removed, including the vitamin B complex, vitamin E, and a large proportion of the minerals such as iron, copper, cobalt, the essential fatty acids and much of the protein.

The steel grinding process had various advantages for the millers and bakers. It made possible the complete removal of the wheat germ oil which had tended to turn rancid and spoil after a few days. Bread gained a much longer shelf life and could be kept in the warehouse or store for days and remain as "fresh" as ever. Later, shelf

life was extended even more with the addition of preservatives which helped to delay the growth of molds.

The longer shelf life enabled the more ambitious of the bakers to gradually expand, since it was now possible to ship bread over much longer distances and loaves could be kept in the stores for a longer period of time. Mass produced bread became cheaper than the bread from the local bakery and these large, centralized bakeries gradually came to control much of the industry.

The assault against bread does not end by merely removing the nutrients. The baking industry seems to follow a motto of "out with the good and in with the bad". Over ninety different chemicals have been approved for use in flour and bread including chlorine which is used as a bleach to get the flour whiter than white. No one has really explained why bread needs to be so white but chlorine also has the characteristic of causing the starch in the flour to swell. Since white bread is almost entirely starch, this has the added benefit of giving a larger volume of bread for the same amount of flour. Chlorine also destroys vitamin E and is destructive of the remaining protein.

Very few of the additives are of any apparent use to the consumer so one must assume that they benefit the manufacturer. Many of these chemicals are short-cuts in the manufacturing process. It is better for the bakeries to add a few chemicals such as yeast food than to have to wait for a longer more expensive natural process.

Other chemicals are used to deceive the consumer. Emulsifiers are used to increase the rate of water absorption so that much of the weight of bread is actually water. Emulsifiers also have the unfortunate characteristic of reacting with the starch in flour to produce an indigestible product, although this drawback has not prevented the bakeries from using them.

It is almost impossible to get good bread in Canada. Most whole wheat bread is little better than white bread, since, as with the white, much of the oil which contains vitamin E has been removed from the whole wheat flour to ensure a long shelf life. The same nutritionally destructive chemicals are used in the preparation of most Canadian breads.

## The food industry

The food industry is a multi-million dollar business complete with misinformation, government complacency, and high pressured advertising. The general trend towards highly processed foods has been aided by large advertising budgets which dictate new eating habits.

The food industry provides the radio and television industries with 27% of its total revenue. The amount spent in just one month (August 73) was over three and a half million dollars with another \$787,000 spent in the press. These totals do not include any of the indirect expenses associated with advertising, including the cost of the ad agencies or the internal advertising costs within the companies themselves. Added onto this is the cost of all the giveaways and special promotions.

The consumer pays for all of these expenses when he or she buys a given food product.

The advertising is primarily focused on the highly processed and convenience foods; so price goes up while food value goes down. Breakfast cereals provide a good example. Up to 19% of the sales dollar is used to cover the cost of advertising yet these cereals are little more than carbohydrates and sugar. Many of the nutrients are destroyed by the high heats and mutilations required to puff, snapple and pop them.

These so-called foods are then pushed at the children through their t.v. programs. There is little mention of food quality, only of free gifts and trips to Disney Land. As the ads say these cereals "along with milk and fruit are a good source of the essential nutrients". But then so is just plain milk and fruit and they don't come with an excessive coating of sugar. As the president of Kellogg's was quoted on a C.T.V. program, "Kellogg's is not in the business of nutrition".

The industry attempts to answer criticism about the nutritional inferiority of their products by adding a few synthetic nutrients and then calling their products enriched. The only problem is that, as in the case of the milling and processing of bread, 22 or 23 nutrients are removed while only 4 or 5 are returned. This is rationalized by dividing the nutrients into essential and non-essential nutrients and government regulations call for the addition of only the essential ones. It seems rather dubious that government and industry can legislate the nutritional needs of the body.

Enrichment fails on two grounds. First, only a few foods are enriched such as bread, milk (vitamin D) and breakfast cereals. Secondly, only a few nutrients are added and these are added quite haphazardly. For example, only three of the B vitamins, thiamine, riboflavin, and niacin, are added to bread. The problem is that these three vitamins can only work in conjunction with the other B vitamins. This means that to a large extent they are wasted and can even result in deficiencies of the other B vitamins. Does it make sense to manufacture nutritionally inferior products and then to enrich them? It does if it increases profits.

## Health and diet

To a great extent our health and well-being is dependent upon the quality and quantity of the food we eat. The body is a delicate mechanism and its ability to function effectively depends upon the availability of all the essential nutrients; protein, vitamins, minerals, fats and carbohydrates. If you do not get all of these over forty nutrients in sufficient amounts then there can be wide ranging





repercussions. A lack of the B vitamins, for instance can lead to feeling depressed, bored, fatigued, or even angry and fearful.

In Canada it is rare to find an actual occurrence of one of the deficiency diseases; however even minor deficiencies can cause problems. If one nutrient is lacking then the chances are that some of the others are also deficient. The effect of these deficiencies can be extremely subtle. Anyone could go for years with a deficient diet without suffering from any apparent harm but there would be a gradual decline in the state of health as the effects of the various deficiencies began to accumulate. It helps to think of the body as an ecological system where everything must be kept in careful balance. Once that balance is thrown off the effects are rather widespread.

It is difficult to trace back assorted aches and pains or a general lack of well-being to a dietary lack since it becomes so complex as the side-effects begin to multiply. Medical doctors do not have the training necessary to understand the role nutrition plays in health.

A proper diet is a necessary first step in ensuring a long and healthy life. There is a myth in Canada that we are a nation of healthy people; the statistics simply do not bear this out. Half the population has some kind of continuous illness—heart trouble, high blood pressure, digestive difficulties, poor resistance to infections and so on. It is not uncommon now to hear of people in their thirties and forties dying from heart attacks and cancer. Even children do not seem to be immune as the incidence of leukemia continues to climb.

Health, however, cannot be measured by statistics. Nor is health simply the absence of disease. Large numbers of people feel that there must be something wrong with them; however, since there is no visible evidence of disease the doctors tell them that they're okay. That does little to reassure anyone who finds it an effort to get through the day.

## D.D.T.

There are many factors which have contributed to the decline in our standard of health; air and water pollution, the lack of exercise, the stress which come from our pace of living and so on. Yet much of this health problem can be linked to our diet in terms of what we do and do not eat.

There is no question that much of our food supply contains traces of poisonous pesticides. Farmers are spraying increasingly large amounts of these pesticides on their crops and residues remain on much of the food we eat. The nature of farming today makes it necessary to use intensive agricultural techniques and spraying is the most efficient way of controlling the various insects, weeds, and fungi that threaten the crops. Yet ironically these same intensive techniques only make the matter worse. Pest control could be simplified by better crop rotation, by better soil management, or by relying to a greater extent on mechanical or biological means to control the various types of pests.

The indiscriminate use of pesticides adds to the problem. Insects build up immunities necessitating the use of stronger and stronger poisons. There is no incentive for the farmer to use less hazardous methods and very little research is done on non-chemical pest control methods. Government supported research goes along with the idea that chemicals are the only means of control while the profit margins of the large chemical corporations depend on the increasing use of these chemicals.

D.D.T. accumulates in the body fat of people. There probably isn't a person alive in Canada who does not have some D.D.T. in their bodies and this poison is even found in the milk of nursing mothers. D.D.T. is known to cause birth defects in animals but there is little conclusive evidence regarding harm to humans.

Most of the human health problems involving D.D.T. have been discovered through direct contamination. People such as farmers and farm labourers who have been directly exposed to D.D.T. have shown a wide variety of effects including



liver damage, learning disabilities, slurred speech etc. D.D.T. is also widely believed to cause panmyelophthisis, which is a wasting away of the bone marrow. The recent partial ban of D.D.T. has not helped the situation very much. D.D.T. has simply been replaced by its stronger cousins in the chlorinated hydrocarbons family who share similar characteristics.

## For a few dollars more

As we saw in the discussion on bread, the poisons in our food are not limited to contamination on the farm. There are over 3,000 chemical additives currently in use. They have a wide range of uses: dyes to make the food look better, texturizers to give drinks a better mouth feel, flavours and flavour enhancers to give the food some taste, preservatives to keep the food from spoiling, emulsifiers to make a product smooth and creamy. Canadian law states that it is illegal to use any additive whose sole purpose is to deceive the consumer yet there is little doubt that most of these chemicals serve no other purpose.

An example of the way in which these additives can be used to take advantage of consumers would be to take a hypothetical case of two orange juice companies. Assume that the first is reasonably honest so that when you buy his product you get what you paid for. His competitor, however may not be quite so honest; say that he waters his juice down by 10 percent. In order to cover up he adds colour, flavour, texturizers, and the ordinary consumer could never tell the difference.

The second company has decreased his cost so he can sell at a reduced price. The increased profit can be used to launch a full scale advertising campaign to convince you that if you don't start your day with his product there is no use in even getting out of bed. In the long run which of the two companies would stay in business?

Unfortunately, the question of additives is more serious than just consumer deception. The vast majority of additives have never received adequate testing. The inadequacies of the testing procedures are indicated by the number of supposedly safe additives which were later withdrawn after evidence that they were dangerous to human health. Bromated vegetable oils for example, were withdrawn after tests had shown that they caused heart damage in rats, along with retarded growth, difficulty in digesting fats, enlargement of the kidneys and liver, and spleen and thyroid damage.

Even when the evidence against a particular additive seems overwhelming the government often fails to act. Consider sodium nitrates and nitrites which are widely used and serve a dual function of preserving meat and keeping it a nice red colour. (The red colour keeps the meat looking much fresher than it actually may be.) In the Rx Bulletin (July/August '73), published by the Health Protection Branch (H.P.B.), it is admitted that nitrates do break down to form nitrites

and that nitrites do combine with secondary amines, a substance found in a wide variety of foods, to nitrosamines. The H.P.B. does grant that nitrosamines have been linked to cancer in animals—however, they say that nitrosamines have never been shown to cause cancer in man.

Are you willing to take a chance on any substance which is known to cause cancer in animals just so you can eat red meat instead of brown? Several countries do quite well without them. Once again, the need for a preservative which is cheap and allows for a longer shelf life outweighs all other considerations. Freezing of the meat would be one way of eliminating the need for the nitrates and nitrites but this doesn't seem to be feasible to the meat-packers since it would increase their cost.

There is no way of knowing what side effects the 3,000 additives have on our health. Around fifty percent of Canadians suffer from some form of allergy problem. It is not known how many are allergic to the food additives they ingest daily. Doctors at the Allergy Department of the Kaiser Permanente Medical Centre in California have claimed that a diet free of artificial food colour and flavouring can help to eliminate the symptoms of hyperactivity; a sometimes serious behavioural disorder affecting 500,000 children in Canada. But there is no sure way of completely avoiding dyes and flavours since they are in almost every food we eat. Check the next page of butter you buy. There will be no mention of the dye which was probably used in its manufacture. A yellow dye is used on the paler winter butter because the creameries think that consumers expect butter to be a deep yellow colour; the dye is used on summer butter so that it will be the same colour all year round.

Most of these chemicals are probably quite harmless. But there has been enough evidence to indicate that at least a small percentage are dangerous to begin exercising some caution in their use. Many countries get by with a far fewer number. It is time public health began to take precedence over corporate profit.

Most of the additives could be eliminated without any loss to the consumer. The rise in their usage has paralleled the increasing domination of all aspects of agriculture by large corporations. Cheese would not have to have preservatives added if it was not shipped hundreds of miles. Synthetic flavours would not have to be added to almost everything we buy unless the more expensive natural flavours threatened profit margins. Oranges would not have to be dyed if they were allowed the time to ripen on the tree.

The government agencies in both Canada and the United States who are responsible for protecting the consumers interest are firmly in the control of the food industry. Neither the Health Protection Branch nor the American Food and Drug Directorate have adequate facilities to test every new additive let alone the old ones.

When a company proposes the use of a new additive, it provides the H.P.B. with

the results of feeding tests on animals. It is difficult to determine the long effect on humans by a few short term tests on rats; but if the rats survive then the additive is assumed to be safe for humans.

There are times that the system obviously fails. In 1969 a Quebec city brewery added a cobalt salt to help maintain the head on its beer. Between 50 and one hundred middle-aged drinkers in Canada, the U.S. and Belgium died from heart problems directly associated with drinking the beer. Where was the protection these people deserved? Why didn't the brewery or government detect the danger before it was too late? How many people suffered from heart damage that goes undetected? In this case the connection between the additives and the deaths was fairly straight-forward. The next time a mistake is made it might not be so obvious.

Are we slowly being poisoned? Not all toxic substances are eliminated by the body. Some, such as D.D.T., continue to accumulate in the body. Each individual has her or his own tolerance level for these substances. You could consume a toxic substance for years and be fine and then one day pass your poison threshold and sickness and death could follow. Remember that we all consume these additives daily, young or old, sick or healthy. When industry and government talk about a cost/benefit you know who pays the cost in possible ill health and who reaps the financial benefit.

## Some solutions

The best way of ensuring a more adequate diet is to avoid highly processed and take-out foods. To quote from Chemical and Engineering News, a trade journal, convenience foods are "prepared under severe conditions of temperature, pressure or agitation. Therefore they may require special flavourings, flavour enhancers, colours and additives to make up for a partial loss of flavour, colour, texture, and other properties caused by processing." These foods are of small nutritive value to your body.

Diet is often just a question of time and energy. In many homes in the Kitchener-Waterloo area both parents have to go to work to support a family and there is little time to prepare meals from the more basic food-stuffs. A wide variety of foods however, such as vegetables, beans, meat, potatoes, can be prepared in a few minutes using a pressure cooker. Salads are quick and easily prepared and are a good source of nutrition. Soups and bean dishes can be prepared on the weekend for use during the week.

Baking your own bread offers another real alternative to the food industry. This is neither as difficult nor as time consuming as it may seem. Less than an hour of actual labour time will supply the average family with enough bread for a week. Any member of the family who can cook at all could probably find satisfaction in making good tasting nutritious bread. Find a good recipe, some whole wheat flour, preferably stone ground and try it for a month. Chances are you will never go back to eating store bread again.





## Letters to the Editors

### Vandalism

Dear Editors,

In reading your editorial of last week on telephone vandalism it brought to mind a statement of Ralph Naders in the introduction of the book "America Inc.". "The law is much more comfortable sentencing a telephone coin box thief to five years than sentencing a billion-dollar price-fixing executive to six weeks in jail."

It is easy in the face of apparent vandalism to ignore the tax evasions of Bell Telephone, to overlook the price and profit manipulations of the giant. But it is not the place of this newspaper to ignore and overlook, it is just as important to point out the calculated criminality of the powerful as it is to identify the frustrated acts of the weak.

Jim Giroux

### Singles B

Dear Editor,

A great deal of concern is arising from the rumoured eviction of the residents of B section (Single Students Apartments). I would like to make an attempt to convey the sentiments of the B section tenants on this matter. At the same time I hope that some clarification of the actual situation facing us could be provided.

To be brief, the rumours of the evictions presently are just that. There has been no notification or written expression of the intentions of the Administration on this matter. This should not be taken as a sign that the University is intending to maintain the present status of the section but rather to emphasize the fact that the business office has not yet seen fit to officially inform the tenants concerned nor have they felt it expedient to attempt any official consultation on the matter. This could conceivably change in the very near future.

However, consultation in this matter is of paramount importance if a reasonable solution is to be achieved. The residents have entered into legal commitments and contracts for such items as telephones, televisions and stereo rentals, etc. The evictions whether

they be the speculated room changes, or the actual ejection from the residences for those who fail to comply with the former, would obviously carry many adverse effects to the students under these mentioned obligations.

The residents of B section met to discuss the full implications of such possible actions. We resolved that a positive course of action could not be fully formulated until we had clear knowledge of the Administration's intentions. We are currently attempting to meet with Mr. Hennessy in order to ascertain his position. We are hopeful that the business office will not act in a high handed manner and will be receptive to the problems that could arise.

We would like to try and work for a solution which could be of mutual benefit to the benefits of B section and the Business office.

In closing, we would like to express our appreciation to Denis Lapointe, Fred Sagle and Bob Forde for attending our meeting and for the interest shown and advice offered. We were disappointed that Neil MacDonald could not fit our meeting into his schedule.

You may be assured that any further developments will be promptly reported.

Sincerely

Bill Scandlan

### Library

Dear Editor;

As a full-time student with a job I identify strongly with the plight of part-time students who have problems finding time in their busy schedule to make use of the library. Night students no sooner get out of class then they find the doors of the library closed. Many students travel from outlying areas, or hold jobs, and therefore have a premium of time to research. It would seem that the library hours are for the convenience of the staff rather than for the benefit of the students. These students contribute a large part of the revenue to the university so its time to give them service for their money. Library hours should be extended to midnight seven days a week for students to research, or for a quiet place to study. Other universities have longer hours. I'm sure management could work something out like a controlled entrance and security guards to ensure that books don't walk off.

Peter E. Martell

### Pub

Dear Editors,

Please correct us if we are wrong. Was the L.U. Pub not meant for the student body? Was it not our money that paid for the Pub? Many students refuse to go to the Pub anymore. They'd rather go to the bars downtown, and we can't say that we blame them. Last weekend was nothing short of an "animal show" with beer bottles, firecracker and chairs being thrown around by local high school kids. We don't say that admittance be restricted solely to L.U. students but, we do say it should be restricted to those of 18 years and over.

Paul Dugal  
Pat Cassidy

### Exams

Dear Editor;

This letter is to inform students of certain facts concerning supplemental examinations. These exams are only permitted if the final exam is written in the scheduled period of time allotted for final exams; that is, after classes have finished. Students are not allowed to write a supplemental if the final was written during class time. It must have been written during exam week.

Please remember this when finals arrive as that could be your last chance.

Arlene Graham  
Judy Mittermayer  
APP Student Reps.

# lambda

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# INTERVIEW

with

**John Lee Hooker**



David Platt

John Lee Hooker

Watching Hooker in concert is like watching a stick of dynamite blow the hell out of commercial music. He comes on quiet and builds up a storm that explodes before his exit which is loudly protested by the crowds.

The short, quiet and unpretentious man is noted mainly for his music and not too often is he questioned about what makes him tick. In an interview after his appearance at Laurentian, Hooker's 'self' briefly surfaced.

Vivian Easton

Asked "why Blues?", Hooker replied, "The Blues have been around ever since the world began, they've always existed." For John Lee the blues are part of his soul. "I was born with the Blues."

Hooker's facial muscles relax as he talked about his stepfather's influence and his early years of growing up surrounded by Blue's artists from an era of hard times and simple pleasures. Like a gentle wiseman eager to pass on a treasure of wisdom, Hooker explained how the Blues came into being. Originally they evolved from 'reels' sung in the cottonfields and on the plantations in the south. Since their beginning, the Blues have altered but some musicians hold fast to the early forms, the "real Blues". "William Moore, my stepfather, had the old style, the real blues and I got it from him."

Hooker is a vehicle for this "real Blues" tradition. He takes obvious pride in what was handed down to him from his stepfather and other early blues singers. He has nurtured and treasured the gift by avoiding loud, throbby back-up bands. Often Hooker recorded solo, keeping time with his foot or being accompanied by guitarist, Eddie Kirkland. In concert the band is not overpowering noticeable but nice. But then what band can overpower such an artist like J.L. Hooker?

Had the blues changed since Hooker was young? Hooker reflected for a second and came back with a thoughtful "yea, they've changed some." Recapping part of the Blues story Hooker noted that blues was the music of the older Black people. However, the change came in 1965 or thereabouts when the Beatles and Rolling Stones stormed onto the music scene. "We have the English to thank for it." Hooker stated.

The Rhythm and Blues sound revolutionized the music world and gave the Blues the boost it needed to get the public's attention. Ever since then the Blues have kept its followers and attracted new ones each year. Yes the British got things moving but they got their ammunition to do it from the gutsey Blues

singers that came generations before them. Hooker's popularity in England is understandable; the British are Blues crazy.

The electric sound, Hooker feels, has given Blues a different sound and beat. The "King of Boogie" cautioned that some groups or performers 'get into it for the money, not for the feel of it or to please people.' Hooker is not claiming that he is working for love only, like the rest of us the man has his expenses

Expensive and sophisticated equipment is frowned on by Hooker for legitimate reasons. "It's not music, its noise, scream and shout stuff, You got to put fire into your music, I like to get out and express feeling." And you have to admit it, the man is right about the "scream and shout" of many bands.

Asked who Hooker the man and musician was, John Lee cracked a smile, paused and in a quiet voice replied "I love people, I love pleasing people, they are great. I love the blues, its music that pleases people and I like to please people." Hooker gets a bang out of two things in life, baseball and blues but also enjoys "good rock and soul."

On where the blues are at and where they are going, Hooker replied "Blues are tradition, it'll always be around." Blues will be around alright, as long as Hooker is here and he looks like he has no intentions on giving up for a long time.

His philosophy is simple, he expects nor demands nothing. Easy living is not the same for Hooker as for most of us. It is tours, recordings and just simple living.

Hooker recognizes the talents of his contemporaries and is not critical of them. Any chiding is like that of a father to his young child. "Blues is a tradition, as you get older, come of season, then you will have real blues. It has got to grow, as they get older and settle down, mature, they will get real blues."

Before leaving, John Lee Hooker was asked to pass on a little of his experience and wisdom. "You cannot mess around with Blues, you got to stick it out, live it, keep on pushin', don't let nothing stop you. If you want it bad enough nothing can stop you. You got to live, eat, sleep, and feel blues."

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# Happenings

Tuesday, November 26

Transcendental Meditation  
Dr. N. Bloomfield  
4pm - C-101  
8pm - F-217  
Winter Carnival Meeting  
SGA office 7pm

Wednesday, November 27  
"Access" Documentary  
Guest Dr. Placide Gabrouy  
4pm C-101  
8pm F - 217

Thursday, November 28

Thornloe Social Centre  
approximately 8pm

Friday, November 29th

Sudbury Theatre Centre  
"Who Killed Santa Claus"  
8 pm through to December 7th

Dance in the Great Hall  
9 pm with "Summer Breeze"  
ADMISSION \$1.00 with LU I.D. card



## ROSS ON SPORTS

Wally Ross

Intramural hockey continued to dazzle spectators and frazzle players as U.C. 1 represented Huntington 6-1; S.P.A.D. toppled Engineering 11-0 and U. of S. slid by UC, 6-2. The games came off with few hitches as the refereeing was impressively good.

In the Monday game, UC 1 vs Huntington, action was close. At the end of the second period, Doug Nash and Randy Gregory had put UC in front with one goal each with Osborne tallying for Huntington. The third period was another story, however, as UC 1 got the jump and managed to bang in four unanswered goals past Spencer. John Minthorn, Jim Tood, Mark Koivu and Doug Nash were the marksmen.

Nine penalties in all were assessed by the referees, and from varied sources, the game did have its altercations that could have resulted in fisticuffs. This has been known to happen, but, remember, the league is set up for recreational hockey - to have fun. No one is getting paid so it should not be taken too seriously. Referees must keep a tight rein on rough play.

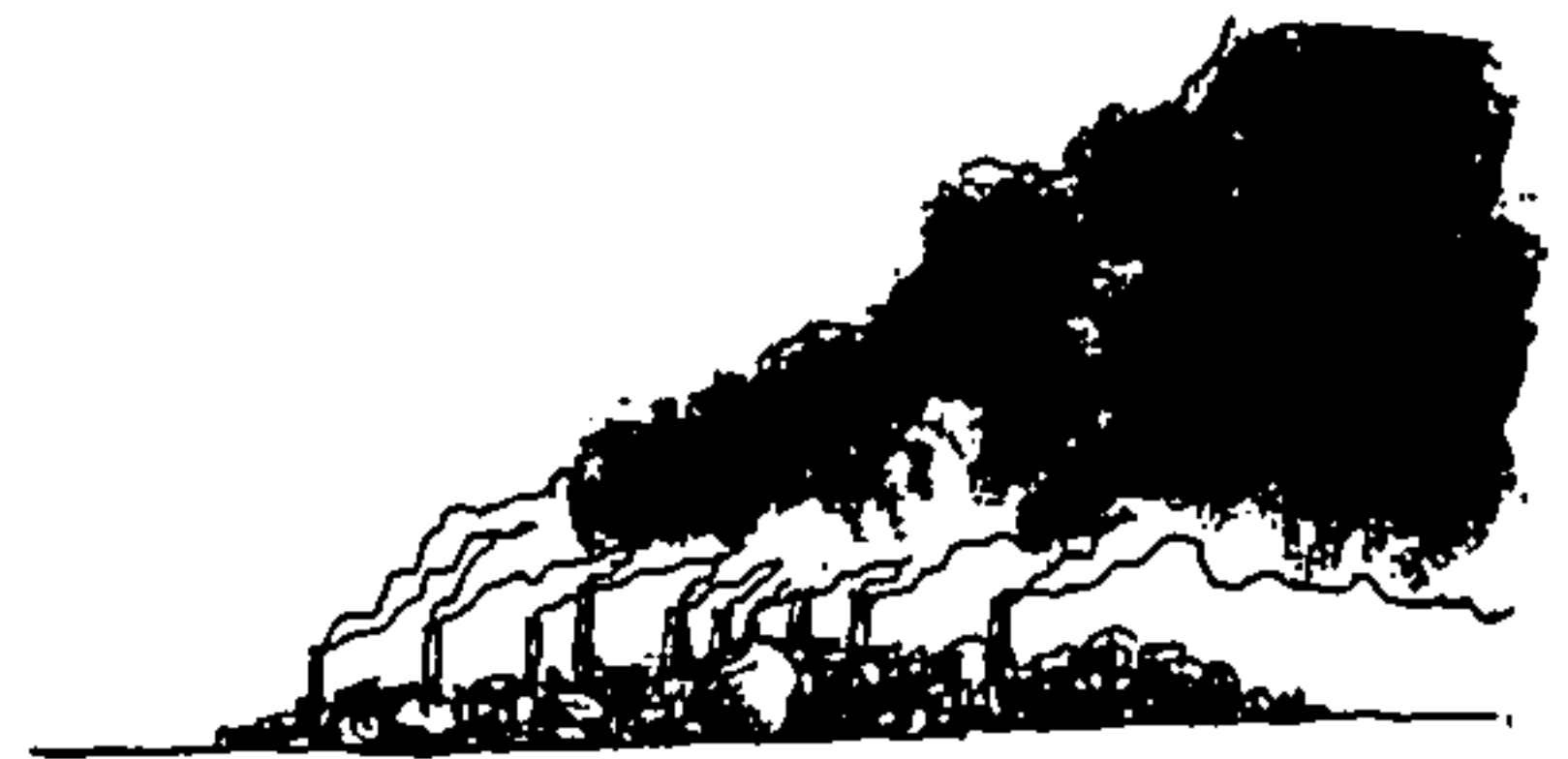
The S.P.A.D. vs Engineering confrontation was a bit of an upset as S.P.A.D. had the edge of the play throughout the game. Final score was 11-0.

The UC 11 vs U. of S. contest was a good match, but UC 11 was unorganized and U. of

S. got a few breaks. At the end of the second period the score was 2-1 in favour of U. of S. As fate would have it, the gap widened in the third. UC 11's hopes glittered for a few moments, as the game was highlighted by a cannonating shot from the point, off the blade of Bo Tiffany.

Asked after the game, in an exclusive sports interview, Tiffany retorted that he had psyched everyone out concerning his goal - as he stated, "everyone between me and the net had 3 swings at it before it went in."

At the final siren, U. of S. had chalked up four final period scores to end the match at 6-2.



## Bob McBryde

*In Concert*

Dec. 6 8 pm.

Fraser Auditorium

Tickets

advance \$3.00

at door \$3.50

Tickets available at

S.G.A. Office

Mr. Legs

A&A Records

## Joints

Akron, Ohio (CPS-CUP)----Bothered by creaky joints? Engineers at the University of Akron have discovered that the sound emitted by a person's knee can provide clues to problems in the joint.

In the study conducted under Dr. Mamerto Chu, knee noises were translated into electrical wave patterns which were photographed and recorded on magnetic tape.

By comparing the signals to those from knees with known problems, insight can be gained into the condition of the knee being studied, the researchers concluded.

Chu's group has been working under a grant to come up with early diagnostic techniques for knee problems.

## Essays

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